

STUDENTS & RESIDENTS WANT TO WIN \$1,500 CASH?

Showcase your research
and win

at the 7th Annual Research Poster Symposium
during the Oklahoma Osteopathic Association's
116th Annual Convention

Abstracts due | January 28

Posters due | February 3

Winners' Presentations | April 29

Cash Prizes!

\$1,500 | First Place

\$1,000 | Second Place

\$500 | Third Place

Sponsored by the Oklahoma Osteopathic Association
Bureau on Postgraduate Education

Oklahoma Osteopathic Association

7th Annual Research Poster Symposium

Osteopathic medical students and residents are invited to showcase your research during the Oklahoma Osteopathic Association's 116th Annual Convention! All entrants must be a current osteopathic medical student or an osteopathic physician currently in a postgraduate training program. The judging panel will select first, second and third place winners. Winners will present their research Friday, April 29, 2016, at 10 a.m. The OOA will be responsible for displaying your posters electronically at the 116th Annual Convention at the Embassy Suites Norman Hotel & Conference Center. Students and physicians in postgraduate training programs receive free registration to the Annual Convention and are encouraged to attend.

Mission

The mission of the Oklahoma Osteopathic Association's Research Poster Symposium is to showcase current osteopathic research and stimulate interest in future research projects. This will be accomplished through the gathering and exchange of ideas and information between participants of the symposium and attendees of the OOA Annual Convention and the opportunity for grant funding for future research.

Awards

- First place will be awarded \$1,500.
- Second place will be awarded \$1,000.
- Third place will be awarded \$500.

*In order to receive checks, winners must present their research at the Annual Convention.

- All participants, whether students or residents, will be eligible to win.
- All participants will receive a participation certificate and commemorative t-shirt. The three winners will receive prize money and a certificate of special recognition.
- All participants are encouraged to attend the presentation of awards April 29, 2016, at 10 a.m. as part of the OOA's 116th Annual Convention in Norman, Oklahoma. Please RSVP to Marie Kadavy at marie@okosteo.org by April 13, 2016. The OOA will reimburse up to \$100 for your traveling fees. Receipts must be presented to Marie Kadavy by May 6, 2016.
- Research of the three winners will be published in a future edition of the *Oklahoma D.O.*

Abstracts

Please read all guidelines before you submit your abstract. Abstracts must be sent to marie@okosteo.org by 5:00 p.m. on Thursday, January 28, 2016.

Abstract Requirements

- Only one abstract will be allowed per individual. Multiple abstracts received from the same person will be automatically rejected.
- Length is not to exceed 250 words. The 250-word limit only applies to the body of the abstract. The limit does not include the list of authors and their respective institutions, nor does it include the title.

- Format:
 - o Abstract should be double-spaced and sent (in Microsoft Word.doc format) via email to marie@okosteo.org. Your email should include the following information:
 - Name
 - Title
 - Cell phone number
 - Email address
 - T-shirt size
 - Year of osteopathic medical school and school
 or year of postgraduate training, specialty and postgraduate institution
 - o The title needs to be centered and bold-faced.
 - o Immediately under the title, list your name, and year (i.e: OMS I, OMS II, PGY I, PGY II, etc.).
 - o List authors and their respective institution(s). The student or physician who will present the poster must be listed as the first author. The principal investigator must be listed as the last author. Only the entrant is required to be an osteopathic student or physician.
 - o The body must include purpose of research and brief overview on method, result and conclusion.
 - o No diagrams or tables should be included in the abstract.
 - o Do not include references.
 - o Your abstract can be about previously reported or current results. If your abstract has been previously accepted and/or presented at other conferences and/or published, please provide the following relevant information (this information will not be considered as part of the 250-word limit):
 - Conference name
 - Conference location
 - Date
 - Format or journal name
 - Journal volume
 - Journal edition
 - Journal date
 - Page numbers

Abstracts that do not meet the requirements stated above will need to be reformatted before acceptance. Individuals whose abstracts are accepted will be notified via email.

Criteria for Evaluation of Abstracts

The judging panel, comprised of OOA members, will be evaluating the abstracts submitted based on the following criteria:

- Statement of the hypothesis
- Clear organization of the project
- Effective use of the scientific method is evident.
- All significant variables have been identified. Efforts to eliminate bias between control and experimental groups are clear.
- The conclusion is consistent with the data and/or observations.
- Potential pitfalls of methodology or interpretation have been addressed.
- The potential significance of the experiments is placed in the proper perspective.
- Abstract is in required form and organized, well written, concise, and readable.
- The project demonstrates a novel approach and/or idea.

Posters

Research posters must be received in electronic format by 5:00 p.m. on Wednesday, February 3, 2016. Please send electronic posters to marie@okosteo.org.

Poster Requirements

- Submit posters in the form of a PowerPoint slide (no animations). By submitting a poster to the OOA Research Poster Symposium, you certify that the poster is your original work or—if original work conducted by you and another author—any co-authors are appropriately credited for their contribution and have been informed of the submission. Infringements will result in disqualification from the symposium. Any research involving human research subjects must attach a copy of IRB approval with your abstract.
- Posters should be free of commercial bias and product endorsement or marketing.

Criteria for Evaluating Posters

Research posters will be judged to include the following key components:

- Clear statement of a research question
- Abstract
- Evidence to support research
- Explanation of methodology
- Graphic materials to illustrate results, such as a table or graph
- Significance of findings
- Cited references

Judging Criteria

The judging panel will judge each poster individually using the following objectives:

Quality of Argument

- Is there a clear statement of research question or relationship being investigated?
- Does the poster require additional explanation? Does it stand alone?
- Is there a logical and thorough explanation of the research question?
- Are all components of the research given appropriate levels of attention?
- Is there adequate consultation of sources cited correctly?
- Are the research objectives outlined precisely?
- Was an appropriate research methodology selected and explained effectively?
- Is the significance of findings stated clearly?

Quality of Evidence

- Is the argument well supported by extensive primary research, evidence and examples?
- Are accurate evidence and examples provided?

Use of Graphic Material

- Are figures, tables, illustrations, maps and other illustrative material used effectively?
- Are the illustrations correctly cited and presented well?
- Does the visual material integrate well into the evidence of the argument?

Poster Appearance

- Is the poster carefully produced?
- Is the text legible from four feet away?
- Is the material presented well organized?

Relevance

- Is the research presented relevant to osteopathic physicians today?

Presentations

Winners will be notified by March 14, 2016. In order to receive prize money, winners must present their research at the 116th Annual Convention. The first, second and third place winners will present their research for 15 minutes each beginning Friday, April 29 at 10 a.m. Presentations should be free of commercial bias and product endorsement or marketing. Any supporting materials for presentations, such as PowerPoints, must be submitted to marie@okosteo.org by Wednesday, April 13, 2016.

Grants

The OOA will provide grants to be used at any stage of medical research to fund minor expenses such as material or fees. The OOA seeks to affirm and promote ongoing research among osteopathic students and physicians in training through disbursement of 10 individual \$200 grants.

Eligibility

All osteopathic medical students and osteopathic physicians in postgraduate training qualify for free OOA membership. Grant recipients are required to submit an abstract and poster for the OOA Research Poster Symposium within 24 months of fund allocation or prior to the completion of their postgraduate training if that date is less than 24 months from allocation of funds. Applicants must also name a supervising physician or researcher with whom they are collaborating.

Review Process

The applications will be reviewed monthly from November 2015 through April 2016. Applicants who meet all requirements and are selected will be awarded monies within 30 days of approval from the OOA selection committee.

It is possible that all grants will be distributed prior to the deadline of April 30, 2016. Any applicant who is not awarded a grant may resubmit a revised application as long as grants are available until the final day.

Important Dates

- November-April Grant applications accepted for immediate disbursement of funds
- Thursday, January 28, 2016 Abstracts due by email to marie@okosteo.org
- Wednesday, February 3, 2016 Posters due by email to marie@okosteo.org
- Wednesday, April 13, 2016 Winners' presentations due by email to marie@okosteo.org
- Thursday, April 28, 2016 Poster viewing from 12-6 p.m.
- Friday, April 29, 2016 Winners' presentations from 10-11 a.m.
- Friday, April 29, 2016 Presentation of awards from 10-11 a.m.
- Friday, April 29, 2016 Poster viewing from 9 a.m.-5 p.m.
- Friday, May 6, 2016 Deadline to submit receipts for reimbursement

Symposium Do's & Don'ts

This guide offers advice on preparing a good scientific poster. As with all communication, which is an art form, there is no single recipe for success. There are many alternative and creative ways to display and convey scientific information pictorially. Occasionally, breaking with tradition can pay off, but not always. Unless you have some prior experience under your belt and feel pretty certain of your ground, it's a better idea to leave experimentation to the laboratory and stick with tried-and-true methods for your poster. The suggestions here certainly won't improve your science, but if followed, may help you to communicate your message. You should, before deliberately departing from these guidelines, at least attempt to understand the reasoning behind the advice. Remember that when it comes to posters, style, format, color, readability, attractiveness and showmanship all count. Take the time to get things right.

Layout & Format

DON'T:

- Write an excessively long title. Save this for your abstract. Titles that use unnecessary verbiage, slang, colons and considered 'cute' are not the first impression you want to make with the judging panel.
- Make the title type size too large or too small. Posters are displayed and should be able to be read standing a few feet away.
- Leave people wondering about who did this work.
- Pick a font that is difficult to read. While many fonts may add personality or character to the text, if they are difficult to read, no one will want to read your poster. Keep it simple.
- Use multiple type sizes excessively throughout the poster.
- Use obnoxious colors. While colors attract attention, they can equally detract from your message if used improperly. Fluorescent or neon colors should be avoided. Patterned colors such as rainbows, stripes, polka dots and the like are not a good choice for your poster.

DO:

- Keep your title short, snappy and to the point. The title needs to focus on your subject matter, but should not state all your conclusions. Some titles may simply ask a question while others answer them.
- Make your title large enough to be easily read from a reasonable distance (approximately 25-30 feet). The title should never exceed the width of your poster area nor should it have more than two lines. If it does not fit, consider shortening your title rather than reducing the type size. Keep in mind that titles in all capital letters are harder to read.
- Put the names of all authors and institutional affiliations just below your title. Use a smaller type size than you used for the title.
- Design your poster with the idea that you are laying it out for a newspaper or magazine. You should work for consistency, uniformity and a clean readable look in your finished product.
- Lay out the poster segment in a logical order. This ensures it reads in a linear fashion from one segment to the next sequentially in a raster pattern. A columnar format allows the reader to read information vertically while providing the opportunity for several readers at one time.
- Use colors on your poster in ways that help convey additional meaning and interest. Colors should complement each other and not over power the research material contained in the poster.

Content

DON'T:

- Write your poster as one long thread.
- Ever expect anyone to spend more than 3-5 minutes at your poster.
- Write your poster as if it were a scientific paper.
- Waste space on messy experimental details or irrelevant minutiae.
- Display every gel, sequence or genotype you may have used.
- Ever lift long sections of text directly from a manuscript and use these as part of your poster. A poster is your original work and should not be presented as a worked-over manuscript.
- Leave prospective readers hanging or assume they are experts in the category you have chosen.
- Leave out acknowledgements.
- Leave out references.

DO:

- Break up your poster into logical sections, such as you would find in a scientific article. Label each section with titles. Always begin with an abstract. Write this up using guidelines provided by the symposium sponsor ensuring it can be read and understood easily. Make sure the abstract contains a clear statement of your conclusions so the reader knows where you are going with this information. Display all your graphs, pictures, photos illustrations, etc. in context. Write clear, short legends for each figure. Follow up with a conclusions section. It is a good idea to add some kind of executive summary at the end, perhaps a bulleted list of conclusions and/or questions answered or raised.
- Get right to the heart of the matter. Your poster should explain:
 1. The scientific problem in mind: What is the question?
 2. The significance of the problem: Why do we care?
 3. How your experiment addresses the problem: What is your strategy?
 4. What experiments were performed: What did you actually do?
 5. The results of the experiment: What did you find?
 6. The conclusions of the experiment: What do the results mean?
- You may also include any reservations you have on the experiment or its results as well as any future prospect you may have on this topic. Keep it short and on target.
- Recall that a poster should be more telegraphic in style and also far more accessible. Avoid slang and steer clear of obfuscation. Write plainly, simply, but also professionally. A little informality can be helpful but do not become lax. Emphasize experimental strategy, key results and your conclusions. Focus on the big picture—don't sweat the small stuff.
- Think about adding a tutorial section to your poster. Things you may include are, an annotated bibliography, short description of a special technique or apparatus used in the research, synopsis of the background of the scientific problem you have identified, pictorial glossary describing various terms used, photographs of your experiment setup, any other material that may aid the reader in understanding and appreciating your work.
- Use graphics.
- Give credit where credit is due. A short acknowledgement section is ample.
- Provide readers with directions to the literature and supply a context for your work. References in a poster should not be as extensive as they are in papers. If your poster work, or work closely related to it, has already been published, display the citations appropriately. If footnotes can be eliminated, they should. However, there are times when they are necessary and are permissible. Your audience will not want to jump around to read the information. You may also wish to include a list of website addresses where additional information can be found.